

small changes make a BIG difference

<6 tips for teenage girls to create a healthy lifestyle that make you feel good>



1. make food your friend

Focus on making healthy food choices rather than trying to follow a diet that makes you follow certain restrictions.¹

2. step into action

Use physical activity and participation in school sports to build self-esteem, confidence, relationships, and a positive body image.²

3. 'cause you gotta have friends ;)

Build an encouraging support system with your friends, teammates, coaches and even your parents.²

4. don't be a sleepy head

Make sure to you get an adequate amount of sleep every night as lack of sleep can impact your weight and mental health.³

5. good habits are hard to find

Create a routine you to follow every day. For example, eating breakfast and going to bed early.³

6. be your own personal chef

Try to prepare meals and snacks at home as a way to monitor portion sizes and avoid fast food places where foods tend to be high in calories.⁴

*photo credit: Pixaby

Annotated Bibliography

1. Haines J, Neumark-Sztainer D. Prevention of obesity and eating disorders: A consideration of shared risk factors. *Health education research*. 2006;21(6):770-782.

<https://www.ncbi.nlm.nih.gov/pubmed/16963727>. doi: 10.1093/her/cyl094.

In this article, Haines et al discuss how obesity and eating disorders are linked.

Teenagers may have dissatisfaction with their body image, causing them to develop an eating disorder. Too often do we find teens trying different diets to lose weight as they were bullied or ridiculed by their peers rather than creating healthy habits that will build positive mental health. Research shows that dieting may be linked to both obesity and eating disorders. Further research into the connection between obesity and eating disorders will give more insight on creating interventions that can help break the cycle of obesity. This article is helpful as it goes into a deeper look at how being obesity impacts one's mental health.

2. Rauscher L, Cooky C. Ready for anything the world gives her? : A critical look at sports-based positive youth development for girls. *Sex Roles*. 2016;74(7):288-298.

<https://search.proquest.com/docview/1774178115>. doi: 10.1007/s11199-014-0400-x.

This article looks at a program that is sports-based that encourages and empowers girls to “take control of their lives” and concentrates on a positive youth development for young girls. This program teaches them the importance of physical activity, the fundamentals becoming a healthy adult, along with building many different life skills that will help them be successful. The skills the program emphasis on developing are “self-esteem, perceptions of competence, motivation, moral development, social relationships, leadership, resilience,

substance use, body image, fitness, and motor skills.” This program encourages girls to get involved and participate in something that is bigger than themselves and by doing so it teaches them life skills that will help create healthy habits at a young age. Also by participating in a sport with a team, it gives them a support system that they can turn to in times of need.

3. Pabst S, Negriff S, Dorn L, Susman E, Huang B. Depression and anxiety in adolescent females: The impact of sleep preference and body mass index. *J Adolesc Health*. 2009;44(6):554-560. <https://www.clinicalkey.es/playcontent/1-s2.0-S1054139X08006757>. doi: 10.1016/j.jadohealth.2008.11.012.

Research shows that there is a correlation between sleep patterns and body mass index (BMI) in adolescent females. Studies report that overweight teens tend to get less sleep. There is also a research that shows that an overweight teen is more likely to suffer from depression and anxiety than a teen of a normal weight. Having unhealthy sleep patterns can lead to making many other unhealthy choices, such as irregular snacking. Obese teens are less likely to hang out with their friends, which could lead to feelings of isolation and possibly suicidal thoughts. Although there is no evidence of a direct correlation between depression and BMI, overweight teens are more likely to be teased by friends and family which can crush their self-esteem. Once again I feel like this type of research is an important aspect of fighting obesity at a young age.

4. Nemiary D, Shim R, Mattox G, Holden K. The relationship between obesity and depression among adolescents. *Psychiatr Ann*. 2012;42(8):305-308. <https://www.ncbi.nlm.nih.gov/pubmed/23976799>. doi: 10.3928/00485713-20120806-09.

As obesity has continued to be a growing epidemic in young females, it remains prevalent to look into the factors that are causing it to continue. In today's society there is a lack of physical activity and many people remain sedentary. Other factors that play a major role in the rising rates of obesity are larger portion sizes and the convenience of fast food establishments. Research continues to develop the connection between depression and obesity as there are many common health complications that are associated with both issues. Once again, there is still not enough evidence that can directly link depression and obesity, yet certain experiences that an obese teen may face could indirectly lead to depression. Mental health is such an important aspect of one's overall health that more research needs to be conducted to further explore how obesity and depression may be associated and allow for better interventions to be provide to help combat obesity.